

**Amendments to the Claims**

This listing of claims will replace all prior versions, and listings, of the claims in the application:

**Listing of Claims:**

Claim 1 (currently amended): A portable exercise apparatus comprising:  
a resistance exercise device having at least one integral grip; and  
an accessory grip removably coupled to said at least one integral grip,  
wherein said accessory grip includes a plurality of cords adapted for gripping, in any combination, by a hand of a user, and  
wherein each of said plurality of cords has a portion with a length greater than 4 inches and a diameter of from ¼ inch to approximately 1 inch, and a joint mutually connecting said plurality of cords,  
where said plurality of cords is sufficiently flexible to adjacently arrange two or more of said portions of said plurality of cords.

Claim 2 (original): The portable exercise apparatus of claim 1,  
wherein said at least one integral grip is a pair of integral grips, and  
wherein said resistance exercise device further includes  
an inelastic elongated member between said pair of integral grips, and  
an anchor for attaching said elongated member to a stationary support.

Claim 3 (original): The portable exercise apparatus of claim 2, wherein said anchor has a first end slidably attached to said elongated inelastic member between said pair of grips and a second end adapted for attaching to said stationary support.

Claim 4 (original): The portable exercise apparatus of claim 2, wherein said inelastic elongated member further includes a mechanism to adjust the length of said elongated inelastic member between said pair of integral grips.

Claim 5 (original): The portable exercise apparatus of claim 2, wherein each of said pair of integral grips includes one of a pair of rigid elongated members each having an outer circumference.

Claim 6 (original): The portable exercise apparatus of claim 5, wherein said accessory grip has a grip attachment portion including at least one strap having a length greater than the outer circumference and includes a fastener to secure said grip attachment portion about one of said pair of integral grips.

Claim 7 (original): The portable exercise apparatus of claim 6, wherein said fastener is a hook-and-loop fastener.

Claims 8-11 (cancel)

Claim 12 (currently amended): The portable exercise apparatus of claim ~~[[11]]~~ 1, wherein each of said plurality cords has a second end, and where said second ends are joined.

Claim 13 (original): The portable exercise apparatus of claim 12, wherein the distance from said joint to said second ends is approximately 10 inches.

Claim 14 (original): The portable exercise apparatus of claim 4, wherein said mechanism includes at least one cam buckle, such that said length is adjustable according to the length of said elongated inelastic member through said cam buckle.

Claim 15 (original): The portable exercise apparatus of claim 14, wherein said at least one cam buckle is two cam buckles, wherein each of said two cam buckles is adjacent to one of said pair of integral grips.

Claim 16 (previously amended): The portable exercise apparatus of claim 3, wherein said stationary support is a closed door having a door jamb, wherein said anchor includes an enlarged portion at said second end and a strap between said first end and said second end that is passable between said closed door and said door jamb, and wherein said enlarged portion is not passable between said closed door and said door jamb.

Claim 17 (previously amended): The portable exercise apparatus of claim 3, wherein said stationary support is a pole, rail, or stanchion, wherein said second end includes a strap and a tensioning device, wherein said strap has a length sufficiently long to wrap about said stationary support, and wherein said tensioning device is adapted for tightening said strap about said stationary support.

Claim 18 (previously amended): The portable exercise apparatus of claim 2, wherein the length of said elongated member is between 6 feet and 12 feet.

Claim 19 (previously amended): The portable exercise apparatus of claim 3, wherein said support and elongated member interact to provide frictional restraint with respect to the anchor when said pair of integral grips are pulled in a direction away from said anchor as a function of the force applied to each of said pulled grips, wherein, when the force applied to each of said pulled grips are increased while positioning each of said pair of integral grips a distance of one half of the length from said anchor, said frictional restraint restrains said elongated member with said integral grips equidistant from said anchor.

Claim 20 (original): The portable exercise device of claim 3, wherein said anchor includes an enlarged portion at said second end and a strap between said first end and said second end, wherein said stationary support is a wall, and further includes:

a bracket having a first portion affixed to said wall and a second portion having an opening and spaced apart from said first portion,  
where said opening in said second portion is adapted to accept said strap, where said spacing between said wall and said second portion is sufficient to accept said enlarged portion, and where said opening is sufficiently small to prevent said enlarged portion from passing through said opening.

Claim 21 (previously amended): The portable exercise apparatus of claim 1,  
wherein said at least one integral grip is a pair of integral grips, and  
wherein said resistance exercise device further includes an inelastic elongated member between said pair of integral grips.

Claim 22-35 (cancel)